



THURSDAYS BEGINNING JULY 7

BEACH BOOTCAMP

6:30 AM - 7:15 AM

BEACH YOGA

7:15 AM - 8:00 AM

(PLEASE BRING A BEACH TOWEL)

SEA WATCH BEACH 88 1st Street, Manasquan

Classes are included for LAF Monthly Members. Drop in's are \$12 (you may take one or both classes)

Drop in registration is available on the
Manasquan Recreation Community Pass Platform.

Go to manasquan-nj.gov and click the pass link on the homepage.

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